

5

IDEAS
FOR...

Edamame

Boost your veggie intake with one of our favorite freezer staples: frozen shelled soybeans!

TIP

To quick-thaw frozen beans, rinse in cold water 1 min.; drain

Store leftover hummus in the fridge for up to five days

1

CREAMY HUMMUS

In food processor, pulse 2 c. edamame, 1/4 c. each lemon juice and water, 1 clove garlic, and 3/4 tsp. each cumin and salt. Drizzle in 1/2 c. olive oil; blend until smooth. **Serves 4**

2

TANGY CORN SALAD

Mix 3 c. corn; 2 c. edamame; 1/4 sm. red onion, minced; 2/3 c. grated Parmesan cheese; 1/4 c. olive oil; 1 Tbsp. red wine vinegar; and 1/4 tsp. salt. **Serves 4**

3

LOADED VEGGIE RICE

Stir 1/2 c. edamame, 1/4 tsp. salt, and 1/2 lb. sliced mushrooms (cooked in 1 Tbsp. butter 8 min. or until browned) into 1 (6- to 7-oz.) box rice pilaf, cooked. **Serves 4**

4

CHICKEN-RICE SOUP

Heat 4 c. chicken broth, 3 c. frozen rice, 1 c. each frozen edamame and shredded rotisserie chicken, 1 tsp. minced jalapeño, and 2 Tbsp. each soy sauce and lime juice to boiling in saucepot on med. **Serves 4**

5

EASY STIR-FRY Mix 1 lb. cubed chicken thighs; 2 Tbsp. each fish sauce, rice vinegar, and soy sauce; 1 Tbsp. cornstarch; and 1 tsp. sugar. In lg. skillet, stir-fry on high in 3 Tbsp. oil until cooked, 5 min. Add 2 c. edamame. **Serves 4**